

Life after stroke – let's make it happen!

COMMUNITY **Stroke** **Rehabilitation** TEAM

Specialized expertise, coordinated teamwork and a personalized approach to supporting stroke survivors in their communities.



Who can apply?

If you've had a stroke or are a family member or professional caring for a stroke survivor you may ask for our services. Stroke survivors, family members, doctors, CCAC case managers and other health care providers may make referrals.

Where is the service located?

We have teams based in Thames Valley, Huron Perth and Grey Bruce counties.

Therapy, education and support services will be provided in your home, long-term care home, and/or the community where you live.

How do you know which kind of therapy will help?

We use special assessments for people who've had strokes, as well as information given to us by other health care professionals, you and your family members.

We ask you what activities are most important to you. Then we create an action plan to help you be able to do these things or other activities that you enjoy.

How much does it cost?

There is no cost for our services. You may choose to rent or purchase equipment, that the team recommends, from your local medical equipment supplier.

What kinds of therapy are available?

Our team members work together and collaboratively with service providers in your community to make sure you have the therapy, education and support you need to reach your potential. They'll also make recommendations about healthy living to help reduce your chance of having another stroke or other serious health problem.

- **Registered Nurse** – Helps address questions about your health and how to prevent another stroke. Reviews your medications. Keeps your doctor updated.
- **Physiotherapist** – Helps you to improve strength, flexibility and balance so you can move better.
- **Occupational Therapist** – Finds ways to make it easier for you to do daily self care such as dressing, using the bathroom and cooking.
- **Speech Language Pathologist** – Helps you speak better and helps with problems swallowing.
- **Social Worker** – Provides you and your family with counselling to help everyone cope better and adjust to the changes experienced since your stroke.

- **Therapeutic Recreation Specialist** – Helps you find leisure activities that you enjoy and you can do in your community.
- **Rehabilitation Therapist** – Works closely with you to implement the programs recommended by the other health care professionals.

How long does the therapy last?

The amount of therapy you receive depends on your needs and the rehabilitation goals we set together.

Our goal is to help you be more independent, return to activities that you enjoy and connect you with local services that will meet your ongoing needs.

What if our family is having a hard time coping?

We understand that families and caregivers often need support and information to help them during this difficult time. We provide education and supportive coaching to them as well. We can also help you find your way through the health care system when you're unsure where to go for the right help.

We hope this information helps you understand more about our services. If you'd like more information or have any questions, please call us.

Community Stroke Rehabilitation Team: 519-685-4292 ext. 45034 or 1-866-310-7577